

# **Wu Tan Kung Fu & Tai Chi Institute**

## *Kung Fu Curriculum*

### *Beginning Kung Fu*

- *Warm up*
- *Basic Stances*
- *Basic punches and kicks*
- *Six lines of Praying Mantis*
- *Ten lines of Tan Tui*
- *Tsa Tsui form - Praying Mantis*
- *Ben Bu form - Praying Mantis*
- *Small Tiger & Sparrow form - Praying Mantis*
- *Weapons*

### *Intermediate Kung Fu*

- *Seven hands of Seven Star Praying Mantis*
- *Basic Preying Mantis hand techniques and usages*
- *Learn all three beginning Kung Fu forms*
- *Ba Bu Zai Iau Yi Lu (1st section)*
- *Seven Star Summary form*
- *Small Turning Wheel form*
- *Big Turning Wheel form*
- *Weapons*

### *Advanced Kung Fu*

- *Specialize in either Seven Star or Ba Bu Praying Mantis*
- *Eight Hard and Twelve Soft techniques*
- *Zai Kuei form*
- *Lan Jei form*
- *Ba Bu Zai Iau Er Lu (2nd section)*
- *Other advanced forms*
- *Weapons*
- *Writing articles and further study of Chinese martial arts philosophy*